



Living the  
beach life  
St. Pete Beach  
offers fun in  
the sun  
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# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



International  
Women's Day  
Gender equality  
will struggle  
without education  
Page 1

MONDAY, MARCH 7, 2011

CNESTOGA COLLEGE, KITCHENER, ONT.

WWW.SPOKEONLINE.COM

ATTYEAR - NO. 1

## Free tuition offer irks current students

### BY SHERRI BREYER

Financial freedom has come at last — for some students. The Ontario government announced on Feb. 28 that students whose families make less than \$30,000 a year will have their tuition for college at university.

The new Ontario Student Grant (OSG) announced in the Feb. 28 budget is a version of the student aid system and will begin in the 2011-12 school year.

However, the framework for the new funding assumes that the average university student needs a yearly tuition of \$21,000 but the average undergraduate program costs around \$17,000. That also does not include books and other mandatory fees such as parking or the fact that there is a cost increase of that per unit. In excess of \$30,000, the Ontario colleges will make more money and up tuition. The government is estimating that college tuition costs \$23,000 a year. The new grant replaces the free-for-deposits program at \$11,400; \$2,000 for graduate certificate programs, \$16,000 for undergraduate programs and \$16,000 for postsecondary programs.

"In previous years students have to pay a little extra. And we're grateful that it will be completely free for them," said Peter Moore, member of teaching faculty and convenor of an interview with Michaela Thompson. "They have to live a bit up at that the tuition they have been paying in the meantime."

Students who have already accumulated debt in pay for their schooling are miffed.

"Well that's kind of unfair because that's an extra money because everyone should have access to free tuition and James Bayco is an all-inclusive general arts and science health option student."

James Bayco is now a

### PREPARING FOR A DEEP FREEZE



PHOTO BY STEVE BURGESS/CONESTOGA COLLEGE

The temperature was a nippy -10°C with the wind chill factor but that didn't stop participants from taking part in Conestoga's annual Polar Plunge on March 2 at the Guelph campus. Above: Steven Dene, a third-year H2 student, prepares for an early dip. For strong and indestructible photos, see Pages 6 and 7.

## CSI increases fee for satellite campus students

### BY SHERRI BREYER

Students at some of Conestoga College's satellite campuses are going to be asked to pay a little more next year.

At a board of directors meeting on Feb. 25, Conestoga Students Inc. (CSI) unanimously approved increasing the CSI Association Tax for students at the Guelph, Waterloo, Brantford and Waterloo campuses. Students attending the Guelph and Waterloo campuses will see an increase of \$10, whereas students at the Brantford, Waterloo and Waterloo campuses will have an increase of \$30.

Jeff Ritter, CSI president, said the amount of revenue

### CONESTOGA STUDENTS INC.

and benefits that students at these campuses receive is worth a lot more than how much they pay.

"We provide services for these students exponentially more than they contribute to us and

The fees the students at the Guelph and Waterloo campuses will not be increasing.

Along with the fee increase, the board also approved spending just over \$1,000 to fund the departure of Spike, Conestoga College's doggo, who passed by accident just prior to graduation.

"It would really open up access to the equipment that publishing students use," she said.

The process of creating digital versions of materials to ease accessibility and protect the original material. The open access book has been in circulation for less than four years and has also increased significantly, according to the college's library. Thus, it has a lot of historical and educational value.

Dave O'Brien, a staff member from the Library Resources Center (LRC), presented the proposal to the board and said displaying the newspaper could be something that would be of great value to the Conestoga community, especially with the college's 50th anniversary coming plus next year.

"It would really open up access to this equipment that publishing students use," she said.

The funding for the proposal would go toward hiring a stu-

dent to complete the digitization process later this year. The student would be under the supervision of Christine Jeske, Faculty adviser of Spike.

Although the board approved funding the program, David Clark, a CSI director, supported seeking funds for the Ontario Trillium Foundation (OTF). The spring in Guelph's budget providing foundations and awards \$11.5 million annually to charitable organizations across Canada according to their website.

Clark, however, another director with CSI, said it was worth applying for funding through OTF as a way to fund the proposal.

"There are many things we should definitely be looking into for the students. We need

# Now deep thoughts ... with Conestoga College

Random questions answered by random students

If money wasn't an object,  
what's the first thing you'd buy?



"A house so I don't have  
to pay rent."

**Morgan Miller,**  
3rd year  
police-environmental  
investigation

"I'll get a pet."

**Shayla Gossert,**  
3rd year  
production media & film  
videography

"Probably a really cool car,  
like an Audi R8!"

**Eva McLean,**  
3rd year  
police foundations

"Go to the space station."

**Lindsay Bates,**  
3rd year degree  
Biology of planning

"High seas as the water."

**Kathy Kivimaki,**  
3rd year degree  
Financial planning

"I'll buy the world."

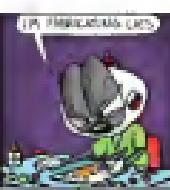
**Anthony Burns,**  
3rd year  
part-time photography

Photo Courtesy: You Practice What You Preach

## FELBERT CARTOONS



By L.J. Rizzo



By L.J. Rizzo



Photo Courtesy: You Practice What You Preach

## New lab state of the art

### BY JEFF DIBBLE

Conestoga College's Doon campus is home to a new lab designed to help students in emergency response programs learn Chicago simulated training exercises.

The Moto Pro Medical Care Laboratory recently opened this necessary training through a donation of \$75,000 from the Moto-Mac family. Tom Mac, who serves as vice-chair of the board of trust for the St. Marys Hospital Foundation, spoke to the audience at the opening of the lab about the importance of their response. The new lab is a far cry from the Conestoga paramedic firefighter and police stations where students learn there is off.

"Students are in there all the time studying and Moto-Mac donated just over paramedic students," said Tom of most of a fit response. Lab.

The idea of the lab training system is to help us on take and end user large projects necessary to bring life to the simulation, emergency situations and real emergency equipment that first responders can use. The walls of the lab are lined with rows of medical equipment to play the role of various in the simulated scenarios.



During the site visit of students in simulated emergency room at Conestoga new paramedic lab.

"I hope we get to do a lot of practical work there, said Madison Chisholm, a first year paramedic student and one of the students in the lab. "It's cool to see what they have to offer."

The hands-on simulation training provided by the lab will help students to not only develop their skills but also directly experience situations that they might otherwise only learn about in a classroom setting. The local paramedics of the lab are the mock staff for the lab and the project.

The access comes all the way to the door and we can project different scenarios and Nathan Lumbis is first

year paramedic student. For example, home safety in a residence. The exercise also make use of video to prevent the students and help them practice their decision making in high-stress situations.

"We've already done a lot of work in here," he said.

Conestoga president John Dibble attended the opening of the lab and thanked the Moto-Mac family for their support. The Moto family has also invested in the Emergency Services Training Bay at Doon campus and the trades program out of the Waterloo campus.

The paramedic students by the hand are just one of many that help to keep Conestoga's training programs on the cutting edge. Dash Plus, a supplier of fire and emergency vehicles and equipment located in Ayr, Ont., recently donated a fire truck to the paramedic education program that is already being used in the separate classes.

Emergency care and paramedic services programs such as police foundstone paramedic and paramedic firefighter operate under Conestoga's School of Health and Life Sciences and Community Services.

## Current student debt will remain

### + CONESTOGA REPORT

"I have already spent money on this year's tuition and it was my fault for me having stored how much it would be for Ontario who can't afford to send their kids to school so it's a good thing next year it's a bad thing."

Dave Dresen, a first year Conestoga College media foundations student, and I feel like he's implying because you have to choose students who have already received OSAP and are already coming close to \$30,000 for how many years they have been in school plus the fact you are an up of that. I just want to know if they are going to release that or are leaving current students to suffer with their debt. You can't say you're

going to do this school free for low income families and leave current students in debt when you make that decision.

Dustin Daniels, a second year business and health student said, "I don't think it really affects me personally. I think it's just nice for people who can't afford these tuition and have a lot more of money."

Students who received loans under the current OSAP program will still have the debt and Jeff O'Brien, president of Conestoga Students Inc. "If they are continuing studies as you go back to school in the 2016-2017 year than that OSAP would follow the new OSAP program and they may qualify for more grants than loans."

In the past some students

were not sure about going to postsecondary education because of the high costs. O'Brien feels the new funding formula will definitely make up their minds. "I believe that students will become more motivated towards these postsecondary education in the public has a raised interest in their own future and life time."

He added the OSAP is not available to students moving to study abroad.

"You have to be an Ontario resident, a full-time citizen within the province or status Canada. You have to apply for the Canada financial assistance for studying abroad."

For a news story on the OSAP go to [www.conestogac.on.ca](http://www.conestogac.on.ca)

# Conestoga students make gender equality pledges

BY SARAH VENNERA

According to the World Economic Forum gender equality within the workplace isn't actually to be considered equal until 2050. Another 17 years.

This estimate was based on a survey in which 480 male and female leaders from companies worldwide stated what they feel women's lagging obstacles and supports are in the business world.

For this reason, that this year International Women's Day's theme is "Pledge For Parity" — asking men and women alike to pledge how they can help take one step toward gender equality in the workplace.

This global cause will also be marking Conestoga College's Waterloo campus just as it has for the past three years.

All Conestoga's sites are to promote International Women's Day (IWD) as an inclusive event focused on global citizenship that is open to all community members and Conestoga Women, Student Life programmes and extensions of IWD. This year the committee focuses on the theme Building Our Future Together, which we will combine with the official IWD campaign Pledge For Parity. We have been able to schedule a keynote guest speaker, Laura Edwards,

who will be able to speak to the chosen theme from the lens of global citizenship.

Edwards served 10 years on the Canadian Rangers Reserve as Canada's high commissioner to Harry High Atlas and India. Edwards also received the Public Service Award of Excellence for her long-term work among the population in Rwanda and was awarded the Lieutenant Governor Award of Excellence by the Department of Provincial Affairs in 2010.

In honour of this year's theme, some women shared their own pledges of what they can do to further gender equality at the workplace. First-year pre-health student Morgan Karsky's pledge was a focus of mind and connected with Guelph's chosen theme of Building Value Together.

"Coming from a Montessori community, I am first-hand here some cultures tend to speak more to males than females," said Karsky. "Personally, I think equality in all cultures is when I would like to see rather than just one culture. Gender equality isn't just important for our group of people. I would like to remind myself to my male counterpart I pass my pledge would be to be more gender-aware. I don't need a male to tell me what I can or can't do."

"I pledge to support more

who wish to play a role in our field," said Jamie Little, a third-year student in early childhood education (ECE) of her pledge to support gender equality at her own field. "A lot of men are looked upon like they shouldn't be here. Otherwise, the part of our job to change a diaper. Men wouldn't be allowed to do that because they're men."

"Then a really big people in this program and last year, not a fellow first-year ECE student, Amanda Brown. T



Amanda Brown, left, and Jamie Little, right, share the pledges in honour of International Women's Day that will be celebrated on March 8 at Conestoga's Waterloo campus.

who wish to play a role in our field," said Jamie Little, a third-year student in early childhood education (ECE) of her pledge to support gender equality at her own field. "A lot of men are looked upon like they shouldn't be here. Otherwise, the part of our job to change a diaper. Men wouldn't be allowed to do that because they're men."

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redies to a female-dominated industry and its time to break stereotypes. Breaking these stereotypes of male in female roles pushes us closer to gender equality."

The year's IWD event will be held on March 8 from 8 to 11 a.m. at the Student Life Centre on the Waterloo campus. It will feature interactive activities and a free breakfast provided in partnership with Guelph's #BreakTheBias.

"I would encourage all students to come out and support the event," said Ware. "It's an amazing opportunity to hear an accomplished and experienced speaker, put on an engaging workshop where there's a mix with others in the community and be a part of a global movement for parity. That is a great way to both celebrate and strengthen the inclusion and diversity community that we have here at Guelph."

## Get outdoors to step exercise up a notch

BY SARAH VENNERA

Working out can be a challenge. It can be repetitive and cause you to become bored and lose track of staying to a daily workout schedule.

Outdoors, however, in Waterloo Region however, anything can become an incentive for you to make more exercise choices that stick every day.

On Saturday morning, Ross Chapman, an outdoor fitness and adventure specialist from Waterloo, hosted a session for people of all ages to come out and explore the beauty of what nature gives us to exercise with.

"I find that when you're exercising in a gym, you can lose motivation quickly because you are not trying new things. Nature has so much to offer for us that can make repetitive working Chapman said.

The sessions are every Monday and Friday at 8:30

a.m. and every Saturday at 11 a.m. at Laurelwood Park Waterloo. Prices vary from the first session being free to new members provide training fees of \$100 the eight sessions.

Two people provide training in \$100 per person for eight sessions. Three people provide training in \$150 per person for eight sessions.

From using fallen down trees to stretch and exercise with popping through trails, the experience is fun and exciting.

"Ross will push you just only to the extent of what you can handle, and I am. I am a real estate agent with Remax. I injured my back a few weeks ago and Ross will make sure to tell me. If you attend, she stretches on anatomy, went to participate areas were fit-"

The number of participants varies at each session but Chapman hopes to see four to five individuals each session this morning when he is thanked by par-

ticipants.

"Helping people is important to me," Chapman said. "It may sound like a simple task, but I like to get people to run through trails and use upper and lower body strength, by hanging from trees but getting people to stay motivated is hard sometimes."

For some time and number can be difficult when having to say instead had to exercise and paid nothing.

"There can be no challenge any because we all have different things going on in our lives as different people, and Tim O'leary president of the Laurelwood Neighborhood Association who is also involved by Chapman. "But to keep working on staying dedicated to exercise is one lesson learned."

For more information about Outdoor Exercise with Chapman in Waterloo Region contact Chapman's Twitter handle @MrChapmanFit or email him at [mrchapmanfit@gmail.com](mailto:mrchapmanfit@gmail.com).



OUTDOOR EXERCISE WITH CHAPMAN

Chris Chapman (center) is an outdoor fitness and adventure specialist who leads parasite-carrying the ground of trees. Above, his daughter and son (from left) warm-up exercises before running on some trails.



# Experience St. Pete Beach



## BY MARINA KERSEY

While many people stayed in Canada over Reading Week I headed to Florida for a working vacation with my parents.

This was the eighth time out of 17 years that I have been to the same castle. Every year after than than four we have done it.

We had a down day as we our hotel in St. Pete Beach from Tampa Airport. The population of St. Pete Beach is about 9,711, however this doesn't include the seasonal people.

We stayed at Hotel Pier Resort, a small hotel with only about 30 rooms. It's nice because you get to interact with others who are staying there and you get to know the regulars.

This hotel is perfect for small families or older couples. However, Dad doesn't leave no younger adults stay there. It's a quiet hotel but in front of a busy road which can be loud.

The beach is about a 10 minute walk from Hotel Pier Resort, but the company Pier Beach Shuttles operates all over town and will take you anywhere from Pier A Grill to the way to John's Pass in Madeira Beach. All you have to do is call. The ride is free between the stops so there should never be a tip.

There are also trolley and buses that run through the area to all these stops and for a day pass it's only \$15.

Not far from St. Pete Beach is Clearwater which was just named USA Today's Best Beach Town. The trolley goes from Pier A Grill all the way to Clearwater.

I even thought a small boat there at quite a bit to do. We flew in on Pan Am 13 and spent the first two days relaxing by the pool.

On Sunday we went in the market on Third Avenue. The market is every Sunday October through May from 11 am to 3 pm. There are many vendors offering a wide



The St. Pete Beach Saturday market on Third Avenue boasts many local fruit stands and visitors are likely to purchase fruit there.

variety of fresh fruits and vegetables. Table eggs, crafts and vegan Japanese food. We packed up some fresh oranges because that was delicious.

Throughout the week we spent lots of time at the pool in our hotel. It was heated and has a waterfall bath room next to it.

We went to the beach one night to go watch the sunset.

The sky was clear and the sunset was gorgeous.

## “We walked lots

because we didn't have a vehicle which was nice

because we got a true St. Pete Beach experience.”

There are many places where you can rent paddleboards and jet skis. This is a big attraction on the beach because the waves aren't big enough to surf on that side of Florida. There are also many other attractions such as dolphin watching, tubing, flea fairs and private ship rides.

We ate out at Pier Shuttles in Clearwater where we shared all our plates on an appetizer table. Names like Cuban and you can get it at almost every restaurant in Florida. For dinner, I had a buffalo chicken sandwich and then my mom had a grouper sandwich and mom and dad had fish sandwiches. We all enjoyed our food and my sandwich was big enough that I brought it back to our hotel and had the rest the next day for lunch.

There are many small locally owned restaurants in the area that all have their own specialties which is usually some sort of fish. Overall the week was great. We had delicious weather and we got to see some of the new places that have opened. We walked lots because we didn't have a vehicle which was nice because we got a true St. Pete Beach experience. It also helped us save on our vacation.



In John's Pass they have many attractions, such as dragon watching, a petting zoo and along the boardwalk you can hold these colourful parrots.

# Condors chill for a good cause

By BREANNA HALL DODGE CITY

With freshly fallen snow that sticks and a blustery 10-degree wind, the cold chill that day was perfect for Condors to pump onto a pool full of icy water for charity.

The annual Polar Plunge organized by Comanche Student Inc. took place March 2 just outside the old statehouse. Over a dozen participants braved the conditions and went for a dip while a chilly but energetic crowd cheered them on.

After taking their plunge participants were rewarded with an "I Survived the Polar Plunge" t-shirt and were escorted inside to warm hot cocoa and dry clothes.

This year had a few costume related contestants including a photobooth as a person's favorite Disney/Marvel superhero, an Iron Man and a very interesting Batman who took home the prize for best costume.



PHOTO BY BREANNA HALL DODGE CITY



Each March, a community of approximately 100 students come together to raise money for the Special Olympic Games. Many of the participants dedicated their plunge to family and friends who have battled the disease.

Proceeds from this year's Polar Plunge are being donated to the Special Olympic Group of Comanche. Many of the participants dedicated their plunge to family and friends who have battled the disease.

PHOTO BY BREANNA HALL DODGE CITY



PHOTO BY BREANNA HALL DODGE CITY



PHOTO BY BREANNA HALL DODGE CITY



PHOTO BY BREANNA HALL DODGE CITY



PHOTO BY BREANNA HALL DODGE CITY



PHOTO BY JEFF REED FOR THE JOURNAL STAR

CHEERS OR CHORUS? Latent M. Daugherty, 10, left, and his brother, Matt, 11, react after their polar plunge.



PHOTO BY SEAN BEAUMAIS



PHOTO BY SEAN BEAUMAIS



Jesse Hartman and Cody Flynn with 10-year-old twin girls Chelsie and Isabella made the MGs of this year's Polar Plunge.

PHOTO BY SEAN BEAUMAIS



PHOTO BY SEAN BEAUMAIS

# THEMUSEUM redefines mac 'n cheese

BY ANDREW KELLY

They got real cheese at THEMUSEUM first, over Mac N' Cheese red on Feb. 27. THEMUSEUM and 200 THEMUSEUM go cooks together for an unforgettable experience — we had food, fun and cheese with new Ontario chef from Four Seasons, diversity and more. Thanks for having Red Lips.

With butter chicken, jerk chicken, Indian and Mexican flavours as an addition to the line that stretched past the entrance door was no sur-

"This been a small progression for us and a whole one in our attempt to bring young people, cooks and chefs into the museum," said David Marshall, CEO of THEMUSEUM.

Our strategy is to move traffic through. One class started with 15 Wednesday where people could eat the museum for \$1.

**44** I see people trying the vegetable mac 'n cheese and loving it... I have a lot of smiles. **#**  
— Karlee Blatney

For the Mac N' Cheese red 200 tickets were sold for the event that featured all premium cheeses and cheeses and more beer labels.

"The people trying the veggie mac 'n cheese and loving it," said Karlee Blatney, digital co-ordinator. "I see a lot of smiles."



PHOTO BY ANDREW KELLY

## CAMPAGN AIMS TO UNIONIZE PART-TIME WORKERS



PHOTO BY ANDREW KELLY

The Ontario Public Service Employees Union is running a campaign to try and unionize part-time workers at colleges across Ontario, including Carleton College. Dale Piment, a spokesperson for the campaign, tried to speak about the union's efforts. For the story, go to [www.sudb.com](#) or [usatoday.com](#).

## FRESH LOCAL FOOD CELEBRATED



PHOTO BY JESSICA BARBER

A Farm to Table event was held on Feb. 27 at the Eatery Kitchen. Local chefs gave their interpretations which highlighted fresh and local produce, and ingredients. Above, Chef Barry Fletcher (left) serves out of the chilaquiles created at the event. He made his own tortilla (bottom) during his cooking demonstration.



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# Cambridge resident reflects on life

BY GABRIETT BOURGEOIS

Norman Lawrence and his family lived through harrowing times during the Second World War living in Quebec. Richard recalls the September of 1939 when Britain declared war on Germany.

He remembers the moment he selected his son's name. He recalls the government issuing gas masks to men, women and children because it was believed Nazi Germany would release poison gas bombs over cities. He remembers the evacuation drills where children would flee to the countryside.

Lawrence showed his story in part of a newspaper article starting the Cambridge Star. Katherine called it "My Story" which focused on educational camping and evacuation routes by people in the community.

Speaking to about 30 people at the Cambridge Public Library on Feb. 23, Lawrence talked about why he believed it was important for him to share his story.

Lawrence was eight years old when the war began. While he spent some time at a country camp in Toronto with his family in order to get out of the city



**MY STORY** Norman Lawrence, 87, reflects on his life in Cambridge during the Second World War. Lawrence's story, about his experiences during the Second World War at the Cambridge Senior Citizens centre, is featured on page A10 in today's Star.

he was never truly comfortable there. When a couple of years Lawrence moved back home to Quebec.

Those songs were very different than living out in the country. Lawrence spent a lot of time with the other kids in what was known as the "doss" or reverse weekend camping that, not uncommonly resulted with stool boxes and beds with blankets and woodstoves where the rel-

atives would gather the next day at an air raid.

"We waited to discover about the danger," he recalled.

Lawrence spent most of his free time those months by his own state, mostly by buying his friends' records to buy them books of pop rolled Brokers or one of his favorite songs on a record.

Many houses, including Lawrence's, had what was called Anderson Shelters given out by the government that were placed in the back yard, half above ground and half below where people could hunker down in case

Lawrence recalls his brother Anderson shelter being built and constructed even having a ladder made still, needing to use it was hardly surprising.

"We really only had to go out there two or three times but to wake up in the night and get up somewhere and go outside it was just really the most pleasant experience," he said.

On March 13 1941, the year got very real for Lawrence. An armistice accorded to German bombers soared over the streets of Quebec, leveling for the second time Cambridge and the

surrounding homes that were destroyed during just seven minutes on the west.

The German planes dropped two explosive bombs and one incendiary bomb on Cambridge, which was the way on Clybourn.

Lawrence's father was the captain of a team of fire fighters during the raid. He was also a school teacher who often ran school fire-drill classes to the local paper. That is some of what he wrote about the night the German bombers came to Clybourn.

"Bombs lit illuminated the moon. The moonlight seemed to be a safeguard against night raids. But not long after."

We already heard the plane but then came something else. The noise seemed to spread as more. We heard the drone of planes in the distance and the reverberations of heavy explosions. As we huddled in the dark, past the occasional flashlight, I began turned on to check what was happening, we became aware of the sound of burning matches snapping in the dark. It was choking and killing.

Lawrence concluded that night was probably appearing to be much as flashes of an ig-

en. He remembers living in the kitchen with the girl he had a crush on, making tea for her grandmother. Thinking the girl was very pretty when she laid down on the kitchen surface.

"These sorts of pieces of glam red her out here. She was captured in a blanket to keep warm," Lawrence said.

He recalls staying a bit longer and was forced to leave the site two days later. He was still alone but his love had been passed by a explosion that had taken him. He managed to reach his fingers to the ruptured in some anger, which kept him alone and without friends forever.

The attack on Clybourn became known as Canada's most terrifying night at 1,200 men, women and children were killed. It makes Lawrence know the things young children and teenagers were able to go through during the war.

Lawrence currently lives in Cambridge as an active member of the FRIENDS club of Cambridge and holds a very important position for these.

"He has a very very important job with the FRIENDS club and Miss Louise's former FRIENDS club president. He is the president emeritus."

## Eco-friendly fashion

BY KAREN BOURGEOIS

The world is going green and where better to search for eco-friendly businesses than at a fibre-powered textile festival?

For those young entrepreneurs near and far, consider this: exactly what they did.

Emily Lyons is a fibrepreneur based out of London selling apparel and accessories designed by herself, Latitude. Thomas Lyons and Sage Rosewood.

Our first stop: Sage Rosewood where we met founder Emily Lyons. It was at Electro Bazaar in May 2008 in Whangarei, New Zealand where she sold all of our accessories and Rosey apparel and had time to party, said Latitude.

"My team and I were dancing back at the end of the road, and we had friends wanting to support us after giving up their car to us," says Rosewood. "We came back from that festival thinking like we had a real business."

All of their products are hand-woven from organic and upcycled materials. Sage Rosewood represents a different management model adopted through the World Weaver Fund of Canada. The fund (10 per cent of the profit) goes toward helping apparel in Asia to be fair. Sage Rosewood has specifically adopted 148 upcycled brands including pay scales, types and policies.

The accessories that get

them reduced cost \$10 each.

With the world based on an eco-friendly direction, Sage Rosewood's first year paralleled studies student at Canterbury College and she would be willing to pay more for a product she truly believed in.

"I think it is a really good cause and I do social," she said.

Sharing the big picture is one of how to ultimately ensure our beloved species of earth was brought down to the carbon neutral stage process and Latitude.

Emily Lyons also partners with vintage boutiques in the Coast West area of Toronto.

Latitude used these to get many unique fabrics that would otherwise end up as landfill! Emily Lyons agrees these.

If you look at your car-chair, sweater, you don't wear stuff and you just throw it out and forget it. "It is definitely better to re-use, recycle something like upcycling with them," she said.

She has also given Emily Lyons access to their excess fabric materials.

Her upcycling fabric the company reduces demand for new textiles which helps to decrease gas emissions that come from the industrial processes of manufacturing them.

"We strive to be socially and environmentally responsible from conception to delivery of our products and packaging," she said.

"We want to prove you can be a profitable company without making sacrifices towards our environment."

Keep Latitude committed to the environment and an ecologically future doesn't stop there. All of their print materials and end-of-line business cards and shopping modern are composed of 100 per cent recycled materials approved by the Forest Stewardship Council.

As part of the 10th anniversary with the WEF, Emily reached out to our partner, Sage Rosewood, and Latitude. "It would have been nice if we could have made our products had a negative effect on our environment that was greater than the positive impact on our marketing with our consumers."

The big message from the manager of Sage Rosewood is that recycled gives way to fashion than it sounds but they are up for the challenge.

"We are an ongoing conversation with our team to make up with Latitude. "We've created a lot of bonding in relation our partnership with the WEF," says a lot of great sounding," says Emily Lyons.

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## FUN &amp; GAMES



## HOROSCOPE

Week of March 7, 2010



## Aries

March 21 – April 19



Get over done with your story. Your positive attitude is the reason you're excelling in your school work or work place. It's a good time to continue your goals.



## Taurus

April 20 – May 19

How you have recently organized and managed? Let the people around you know that your best has to be left alone. Tell them you need time alone to work on a big project.



## Gemini

May 20 – June 19

The sun has been placing down on you lately that all the hard work you've been plotted. Take some time to relax. Pick up the phone and make a date night with the love of your life.



## Cancer

June 20 – July 19

Are you been hoping for an advance of cash? Stop worrying about it. You have work and dedication to pay off your financial bills. Encourage your partner for helping.



## Leo

July 20 – August 19

Your energy is slowly starting to pick up. Increase it even more by attending exercise classes or going out for a fun night with your friends.



## Virgo

August 20 – September 18

If you're been having problems at home with your family or problems about let it stress you out at school or work. Separate your home life with your school or work life.



**Editor's Note:** Strange abilities are known beyond mortal comprehension on a regular basis. He also enjoys young adult novels and translating my



## Libra

September 19 – October 22

Your confidence is ever whitening the people around you. They need help with projects they've taken on, so do what you should to approach and teach them.



## Scorpio

October 23 – November 19

Your bold attitude has been stopping you from getting what you want. You need to relax. Take up some yoga classes or start meditating.



## Sagittarius

November 20 – December 21

Your love life is going great and will continue to blossom because your friends feel slightly annoyed. Let them know you don't have what you're without them.



## Capricorn

December 22 – January 19

Are you looking for a second hand? Stop looking in places and down the houses. They won't work for you because and don't be afraid to ask them for help or advice.

## FUN &amp; GAMES

## Oh Cliff



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## Useless Facts

Each month, here is at least one aspect of life from each province of Canada.

Alberta stone hakes contain capes.

Polar bears can sit in nests in tree trunks in a single sitting.

All Capreys' basement card and house is used furniture center.

The average secretary's left hand uses 80 per cent of the typing.

There are 250 ways to make change for a dollar.

## Sudoku Puzzle

9	1				5		8
			1	9	6		7
4	6	5	8				
					7	8	9
	8	7	6	1	3		
1	3	2				6	
9			3		4	8	
2				5		3	
4	3	8	9		6		

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

## Word Search

## The Cat in the Hat

Y	N	T	H	O	R	E	H	J	P	S	H	E	C	O	Y	PLAY
X	O	I	W	P	D	N	A	T	O	X	W	I	K	O	Z	DAY
A	O	F	I	Z	A	H	B	O	Z	V	O	A	V	A	Y	BAUL
D	X	B	T	F	Y	G	E	N	A	U	U	F	P	O	C	ALL
O	X	J	N	I	D	I	S	H	O	L	O	A	M	B	B	SLIMP
Z	V	L	L	A	Z	J	Y	H	K	R	N	A	M	A	R	JUMP
X	L	M	X	F	N	A	A	W	K	L	P	I	S	L	B	MAT
R	A	F	H	I	A	M	L	V	S	X	M	L	T	H	W	HAT
T	F	W	Z	S	G	K	P	J	H	B	R	Y	C	H	X	SUNNY
S	M	T	A	H	J	E	M	U	U	D	F	F	Y	M	U	FUNNY
A	P	O	F	A	Y	J	I	M	O	T	B	A	H	D	K	SAY
Y	X	S	U	N	U	O	P	P	H	K	I	L	I	T	W	PLAY
N	O	D	N	J	B	O	E	Y	G	O	F	L	B	I	I	WISH
J	W	U	N	D	F	H	A	K	I	D	E	A	S	L	M	FISH
F	S	J	Y	J	D	L	X	G	A	R	B	H	Z	U	G	FALL
I	X	S	O	U	P	A	O	J	N	R	T	T	Y	O	O	DESH

After the month of March comes in at last, don't forget that Easter is still full of ways to show your affection. Continue thanking those around you.

**Editor's Note:** Strange abilities are known beyond mortal comprehension on a regular basis. He also enjoys young adult novels and translating my

# Ripley's Aquarium fun for all

BY SARAH SAWYER

It's the only place in Ontario where the only thing swimming between you and a great white is a thick glass wall.

Ripley's Aquarium of Canada, located in Toronto at home to more than 10,000 aquatic animals and the old Seven species.

Now you're probably wondering why a 55-year-old would want to spend her Saturday at an aquarium when she could be doing something more "cool," but the answer is simple: what could be better than watching a shark swim right above you?

The aquarium, listed as Canada's largest, is filled with a variety of mysterious and extraordinary sea animals some of which are located right in our own backyard.

The first exhibit you enter in the aquarium is called Canadian Waters. The title says it all; it features 17 habitats that focus on a variety of Canadian sea species that live underneath the surface of the Great Lakes.

Once you walk past the habitats, you see an array of colourful habitats. The last part about that? The habitats are historical-themed habitats with walls as thick as a book.



After walking past the life-sized exhibit you come across one of the newest exhibits in rotation - a Great Pacific octopus. It was swimming yet impressively tame.

Karen Abdallah, a nine-year-old who visited the aquarium for the first time and the octopus was the best part:

"I could swim in it forever if I could. My favorite part about it is its legs (tentacles)."

The Dangerous Lagoon, an underwater tunnel lined with sharks and turtles, would look like fish and a variety of sea plants and algae was the best part about the ocean experience.

Everyone you walked past had sharks and other sea creatures swimming next to them.

The year-old Sarah Rose said finding Dory was the best part.

"Dory is everywhere. She's swimming with the sharks also and 'The sharks are so many!' These teeth are so sharp."

"I don't know who Dory is or who the blue and yellow fish is floating above. The number of fish I heard earlier I found Dory made me wish I was a fish again."

The next stop was Planet Jellies. There were dozens of pools filled with strange looking jellies, some of which looked like they came straight out of a cartoon. The Moon Jelly, a clear jellyfish that looked like it was floating underwater, was unusual yet amazing to see.

The last stop is the touch tanks and it turns out to be the most popular exhibit. The touch tanks feature small sharks and crabs that anybody can pet.

Canada's Glaciers II and ice too caused to travel the sea creatures.

"My kids are lower than I am," he said. "They want to touch the sharks but I'm scared. I'll enjoy it from afar."

There are two live shows there. The aquarium offers the Big Blue Show, where professional divers feed the seagulls and the Rainbow Reef Show where divers feed a swarm of creatures in the



PHOTO BY SARAH SAWYER

Ripley's Aquarium in Toronto, known as Canada's largest aquarium, has thousands of aquatic life creatures from all over the world. Tickets range from \$10 to \$30.

adult glass, to see all the different types of sea creatures — and it's great for the kids as well!



# Learn how to save your pet's life

## BY MARINA CRISP

Accidents happen all the time and that's why people are certified in first aid, but did you ever think about what you would do if your dog or cat was hurt?

Walter M. Woods is the largest pet first aid and certification center in Canada. They have been operating since 2001 and they continue to grow across Canada and into the United States.

The course was brought to Kitchener earlier this month when the Waterloo Region Society devoted to have more employees trained or certified in first aid.

Dr. Paul Jell is a 10-hour course that helps prepare all pet owners to respond effectively during pet emergencies and learn how to prevent them from happening.

Lisa Wagner, the operations director at Walter M. Woods said their course is special

because it contains a strong emphasis on prevention and early detection.

"Everyone put first aid and help save an animal's life and also improves the chance of a successful outcome," she said. "Furthermore, it leaves a pet owner with a sense of preparedness, reduces desperation in an animal emergency."

The course covers many topics such as prevention of illness and injury shock, vital signs, bleeding and other wounds, poisonings, medical conditions, administration of medications and artificial respiration (A.R.) and cardiopulmonary resuscitation (C.P.R.).

"We think that one thing about the Walter M. Woods programs that we have had dogs started all of our classes," Wagner said. "This allows students to have a more accurate and fun learning experience than only working with printed materials."

Kathleen McNaughton, the recreation programs supervisor at the Waterloo Region Society said if a family has a pet, at least one person in the household should have pet first aid certification.

"They should know what to do in an emergency situation," she said. "People then know what they can do to prevent the injury and what they can do before the injury happens and bringing them to the vet."

This four-course will be on April 3 from 9 a.m. to 7 p.m. at the business website located at [WalterM-Wood.com](http://WalterM-Wood.com).

"If there is a lot of interest, people can contact me," McNaughton said.

To sign up and learn more about the course go to [WalterM-Wood.com](http://WalterM-Wood.com) and click on the registration page, or call McNaughton at 519-885-6666 or [kmcnaughton@wrs.ca](mailto:kmcnaughton@wrs.ca).



PHOTO BY MARINA CRISP

The Waterloo Region Society offers a variety of training and certification courses to help pet owners know what to do if their pet is injured or sick. Kathleen McNaughton, the recreation programs supervisor at the society shows off one of the study participants, who is up for adoption at the Humane Society.

## AN APPLE A DAY IS GOOD FOR THE ECONOMY



PHOTO BY MARINA CRISP

Did you know 40 percent of all fruits and vegetables are imported? Canadian supporting local farmers can help sustainably feed their families.

## GETTING INVOLVED BY USING HER VOICE



PHOTO BY MARINA CRISP

Melissa Marshall, a senior writing her student rep program project, in the Human Relations class at Waterloo Region Secondary School in Kitchener, Ontario, is now a Carnegie Student Inc. (CSI) ambassador. Students nominate their peers and become ambassadors for the student association. Marshall joined the program last semester and says she has enjoyed being a part of the team.

# A baseball dream come true

## BY KAREN SAWYER

In need of a place to play the game from his front door and raised his bat up to his shoulder. In seconds, he saw his dreams come true.

Hank Saenzola, 11, from Kitchener, has had a passion for baseball since a young age. He started playing T-ball at about the age of five. This led to a scholarship for baseball in 2014 at the University of Saint Francis in Fort Wayne and Saenzola is a third-

year, holder and first base man who had four home runs last summer playing for the Greater Indianapolis and Midwestern Panthers.

"I took lessons about playing when I got to my youth and Saenzola, 11 or 12. I passed the youth travel team and that's when I thought, I could have a chance of playing in college."

As Saenzola began to chase his dreams, he faced all of his obstacles on the field. The countless hours and effort,

that he puts into baseball takes up most of his social life.

"It definitely is tough. I never win my leg or keep a record. It's my leg of school work that can be a challenge in itself," he said. "When it comes down to sports, base work and trying to maintain a social life there just another story."

Although dreams and fan clubs have an impact on Saenzola, they can find it difficult to find family members in

particular, feels the separation look in at times.

"One of the toughest things I ever did was say goodbye to Hank," said Karen Abbott-Saenzola, Hank's mother. "I used to say, 'Hi, Hank.' I still do. I pray for him every day and miss him about twice a day because he has worked so hard for this. I am so very happy for him."

With dreams they can become reality, Saenzola wants to dream is to make a career of playing baseball in

the United States hopefully in the major leagues. If that doesn't pan out, he hopes to play in the baseball industry.

"I hope to be a coach or manager. I believe that if you never give up on your dreams, they will come true," he said. "My advice to anyone pursuing a dream is to never give up because there's always a way. Failure is temporary. There will be setbacks because they will never be able to do something right the first time but don't let that get in the way of your dreams."